



The Art of Raw Living Food: Heal Yourself and the Planet with Eco-delicious Cuisine

By Doreen Virtue, Jenny Ross

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, The Art of Raw Living Food: Heal Yourself and the Planet with Eco-delicious Cuisine, Doreen Virtue, Jenny Ross, Now you can enjoy all of the health benefits of a diet high in fresh produce, while still enjoying tasty meals. In this delicious book, Doreen Virtue and Jenny Ross (owner and chef of the popular Southern California raw-foods restaurant, 118 Degrees) give you hundreds of recipes and tips for creating gourmet meals-all created 100 percent from raw fruits, vegetables, and nuts. You'll enjoy Mexican, Italian, Asian, and other cuisine, while deriving all of the physical, spiritual, and emotional benefits of eating one of the healthiest diets available. As you follow these easy-to-prepare recipes, you'll discover why thousands of people have joined the Raw Food Movement and see how to incorporate a living-foods diet into your daily life!.



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Reviews

A must buy book if you need to adding benefit. it was actually writtern quite perfectly and beneficial. You wont really feel monotony at anytime of your time (that's what catalogs are for regarding in the event you question me).

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This book can be worthy of a read, and much better than other. It usually fails to charge a lot of. I realized this publication from my dad and i encouraged this pdf to understand.

-- **Prof. Flo Cruickshank DDS**